

RvZ cwi wPwZ

eisj v½` k avb M½el Yv Bbw½- wUDU ci x½v wbi x½v K½i nweMÄ I mpv½gM½Äi nvl o Gj vKvi Dc½hvM½x e½j G RvZwU B½` v½bwkqv t_½K G½` ½k c½Z½ K½i ½Q | GwU 1985 mv½j tev½v fgSm½g Pvl vev½` i Rb'' weAvi 19 b½tg RvZxq exR tev½wP Ab½gv½ b j v½f K½i | G Rv½Zi Rb½w½ bvg g½j | GwU nvl o AÄ½j i avb |

Rv½Zi ^ewkó''

- ▶ Mv½Qi Kv½ j ½f wKš' gRe½Z |
- ▶ Mv½Qi D''PZv 110-115 tmwUw½gUvi |
- ▶ cvZv Ges KvÉ M½p meR |
- ▶ wMcvZv t½vU I Lvov |
- ▶ cvKvi mgq kx½ Dc½i _v½K |
- ▶ P½j j ½f, mi æGes ^½Q |
- ▶ fvZ Si S½i Ges tL½Z m½ ^½ y |



weAvi 18

G Rv½Zi we½kl c½qv½xqZv

nvl o, evl i Avi wejvÄ½j G Rv½Zi Avev½ Kiv D½PZ | Kvi Y Gi Kv½ j ½f, ZvB avb cvKvi mgq nVv eb½vq gv½v tKv½gi cwb n½j I dmj KvUv hvq |

RxebKv½

G Rv½Zi RxebKv½ exR ecb t_½K cvKv ch½š½165-170 w` b |

dj b

dj b tn±i c½Z 6.0-6.5 Ub |

Pvl vev½ c½wZ

1. exRZj vq exR ecb t 1 AM½nvqY - 5 t½š½ (15 b½f½f - 20 w½tm½f) |
2. tivct½Yi mgq t 15 t½š½ - 15 gvN (Rv½g½wi) |
3. mvi c½qvM (tKwR/weNv)t

BDwi qv	wUGm½c	Gg½c	wRcm½g	½`½
30-40	7-14	8-16	4-11	0.7-1.0

- 3.1 BDwi qv mvi wZb wKw½½Z c½qvM Ki½Z n½e |
 c½_g Dcwi c½qvM t tivct½Yi 15-20 w` b ci |
 w½Zxq Dcwi c½qvM t tivct½Yi 35-40 w` b ci | BDwi qv c½qv½Mi ci mvi gw½i mv½ _ w½gk½q w½Z n½e |
 ZZxq Dcwi c½qvM t tivct½Yi 50-55 w` b ci |
- 3.2 BDwi qv c½qv½Mi m½WK mgq w½Y½qi Rb'' w½j d Kv½ vi P½Ue''envi Ki½Z n½e |
4. AvMvQv `gb t tivct½Yi 45 w` b ch½š½R½g AvMvQv½³ ivL½Z n½e |
5. tmP e''e''vcb t t½vi Ae''v t½K `½ Ae''v ch½š½R½g½Z ch½ß cwb ivL½Z n½e |
6. dmj KvUv t 15 ^ekvL - 15 ^R'ö (fg) |